

What is Claimed is:

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1. A shoe having an upper and a foot supporting member, the foot supporting member comprising:
- a substantially rigid member having a dorsal surface and a plantar surface;
- the plantar surface having a convex portion and an adjacent concave portion, the concave portion extending forward past the tips of the digits and terminating distally at a downwardly projecting balance-thrust member.
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2. A shoe according to claim 1 further comprising the plantar surface convex includes a curved angular displacement surface below the sesamoid apparatus of the first metatarsal phalangeal joint and defining a first axis of rotation of the foot.
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3. A shoe according to claim 2 further comprising the balance-thrust member defining a second axis of rotation of the foot forward of the wearer's foot.
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4. A shoe according to claim 2 further wherein curved angular displacement surface and balance thrust member are positioned so that when both are in contact with ground, the sesamoid apparatus is elevated with respect to the digits.

5. A shoe according to claim 1 further comprising a foot strike member adjacent the convex surface.

6. A shoe according to claim 1 further comprising the dorsal surface including a concave portion having a curvature selected to support the digits of the wearer's foot in a dorsiflexed position relative to the metatarsals.

7. A shoe having an upper and a foot supporting member, the foot supporting member comprising:

10 a substantially rigid member having a dorsal surface and a plantar surface;

the plantar surface having a convex portion and an adjacent concave portion, the concave portion extending forward past the tips of the digits and terminating distally at a downwardly projecting balance-thrust member;

15 the plantar surface convex portion including a curved angular displacement surface below the sesamoid apparatus of the first metatarsal phalangeal joint and defining a first axis of rotation of the foot; and,

the balance-thrust member defining a second axis of rotation of the foot forward of the wearer's foot.